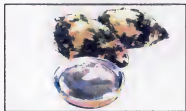
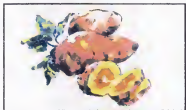


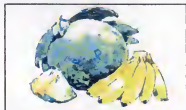
Eat Traditional Hawaiian Foods



Poi
Kalo (taro)



Uhi (yam)
Ūala (sweet potato)
Lau ūala (sweet potato leaves)



Ūlu (breadfruit)
Maiá (banana)



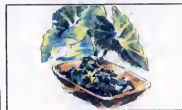
Limu (seaweed)
Ōpahi (limpets)

You can get everything you need for a healthy meal from traditional foods.



Traditional Hawaiian Meal - taro, sweet potato, banana,
limu, and lawalu (fish or chicken steamed in taro leaves)

*Traditional foods may cut down on your chances of
getting certain types of cancer, heart disease, and obesity.*



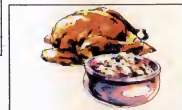
Luáu (taro leaves)



Hóio (fern shoots)



Iá (fish)



Moa (chicken)

Native Hawaiian

"Traditional Hawaiian Foods—Still the Best" Place Mat/Poster

Reading Grade Level: N/A

Dimensions: Place Mat: 10" x 14" Poster: 20" x 30"

NATIONAL
CANCER
INSTITUTE